

Team: SV Real Madrid

Coach: Support Easy2Coach, Support Easy2Coach, Jörg Spieler, Tom Jackson, Info CC, Trainer Rotsünder, Trainer123 TeamBarca, easy2coach2 interactive, Jörg Pollmeier, Sales easy2coach, Thomas Dooley, Jörg Pollmeier

Training day: Saturday, 08/23/2014

Meeting: Place: Notes:

Start: 03:00pm Type: Regular Training

End: 05:00pm Part 1: Total time: 55 mins - Duration: 55 mins

Intensity: 50% Total: 55min

#	Position	Players	Cell phone	Α	Excuse	Grade
1	Goalkeeper	Allen, Paulter	0177/1112254	Х	-	
2		Müller, David		X	-	
3	Defender	Davis, Christian		Х	-	
4		Lee, Daniel		X(t)	-	
5	Midfielder	Miller, Robert	0177/22356	Х	-	
6		Moore, Ruben	0178/225698	X	-	
7	Forward	Wright, Oliver	0174/66525	Х	-	
8		White, William	0172/22222212	X	-	
9	No position	Pollmeier, Joerg		Х	-	
10	Absent	Meyer, David		E	Excused	
11		McKaully, John		I	Injured	
12		Easy2coach, Vertrieb		Е	Excused	
13		Barrera, Carlos		E	Excused	
14		easy2coach, Sales		E	Excused	
15		Former, Michael		E	Excused	
16		Coneh, Masamar		E	Excused	
17		Moore, Steven		E	Excused	
18		Thompson, Robert		E	Excused	
19		Stevens, Jeff		E	Excused	
20		NFan, VFan		E	Excused	
21		Reek, John		E	Excused	
22		Deßter, Charlés		E	Excused	

A = Attendance list, X = Present, X(t) = Present (tardy), E = Excused, I = Injured, Empty space = Unexcused absence



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#	Drill	Training structure	Training target	Players	Duration
1.1	Half Field Attaching Work	Main point/Emphasis		10 and more players	45 min
1.2	One Touch Passing in a Square	Progression		1 - 5 players	10 min

Total: 55 min



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Training day: Saturday, 08/23/2014

Meeting: Drill: 1/2 Duration: 45min Notes:

 Start:
 03:00 PM
 Intensity:
 50%
 Sets:
 1

 End:
 05:00 PM
 Type:
 Regular Training
 Pause:
 0min

 Place:
 Total time:
 45min

Training part (Group 1)

Drill 1.1: Half Field Attaching Work

Trainin	g stru	cture					Trai	ning ta	rget							Play	ers/		Duration	1
Main po	oint/Em	nphasis	5													10 a	and mo ers	re	45 min	
Playe	rs:																			
$>\!\!<$	>2<	>%<	>4<	>5<	>6<	> <	>8<	>9<	10	11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	



Organisation:

Half Field with 3 Stations -- 8 Poles, 6 Dummies, 6 Hurdles (Med or Large), 3 Goals, 4 Top Hat Cones, Resistance Bands

Process:

Station One Right -- Player has 10 seconds in place running with a resistance band held by coach, Jumps hurdles 3 cycles - Forward, Back, Right, Forward, Back, Left -- sprints at Dummy and cuts toward the poles, receives a ball from coach, dribbles poles, then at the inside dummy, cuts across the dummy and immediately shoots with the inside foot - jogs to top hat cone and sprints to other top hat cone.

Station Two Middle is 2v2 in smaller space

Station Three is a Mirror of Station One - Using opposite Foot

Tip:

Teams work in groups of 6 or more cycling after 15 mins at each station.

Field size:

Half Field



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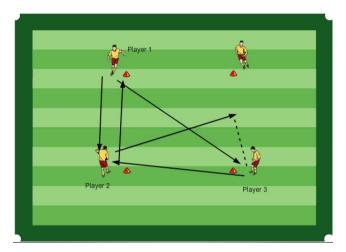
Meeting: Drill: 2/2 Duration: 10min Notes:

Start:03:00 PMIntensity:50%Sets:1End:05:00 PMType:Regular TrainingPause:0minPlace:Total time:10min

Training part (Group 1)

Drill 1.2: One Touch Passing in a Square

Trainir	ng stru	cture					Trai	ning ta	rget							Play	ers/		Duration
Progre	ssion															1 - 5	player	s	10 min
Playe	rs:																		
\times	>2<	\gg	>4<	>*<	>6<	> <	>8<	>%<	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40



Organisation:

Start with a 20 M Square and make smaller as you go to increase speed of play -- one touch passing

Process:

Forward- Back - Diagonal - Lateral - Into his path

Player 1 plays an ball direct forward to player 2, Player 2 plays the ball back to Player 1. Player 1 plays a diagonal ball to Player 3, Player 3 plays a lateral ball to Player 2, Player 2 plays a ball into the path of Player 3 - rotate counter clockwise.

Tip:

Reverse to use the left foot. -- Variation 2 Add Check in and out -- Variation 3 Add Goal Behind Player 1 for a shot - Variation 4 - make a game - two sets side by side with a small goal behind player 2 - who ever scores the most goals in 2 minutes.

Field size:

Speed dependent